

Connotation, Value Promotion and Implementation Path of Infant Physical Education in the New Era

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Abstract: *Infant physical education is an important part of physical education, and it is also the due meaning of people's desire for a better life in the new era. This paper uses research methods of literature and logical deduction to study the development connotation, value promotion and implementation path of infant physical education based on the new era sports construction background. The research believes that infant physical education is a kind of education for children and a kind of education to cultivate their initial sports ability. The research suggests that we should pay attention to the foundation role of infant physical education in the construction of sports in the new era, and promote the development of infant physical education, so as to accelerate the realization of the development goal of China from a "major sports country" to a "world sports power".*

Keywords: *infant sports, physical education, new era, development connotation, value promotion, implementation path*

1. Introduction

As an important part of infant education, infant physical education has received widespread attention in the context of the current low age education, and infant physical education is an important way to promote children's physical and mental health. In August 2019, the Chinese government issued the Outline for Building a Sports Powerful Country, which clearly emphasized that we should establish a system of physical education courses and teachers for young children, promote the construction of the standard system of sports projects and sports equipment for young children, improve the policy and security system, and promote the sustainable development of sports for young children. Infant sports has become one of the important elements of a sports power. At present, relevant experts and scholars have conducted in-depth analysis on the development system of China's infant sports in the new era around organizational governance, curriculum development, talent training and innovative activities [1]. The current research results mainly focus on one aspect of infant sports or sports in the new era. However, few people have conducted in-depth research based on the interaction between the two. Therefore, this paper discusses the development connotation, value promotion and implementation path of infant physical education from the perspective of the new era, aiming to ensure the development of infant physical education in the right direction, make infant physical education services more consistent with the people's vision of a better life in the new era, and then build a solid foundation for sports construction in the new era.

2. Development connotation of infant physical education in the new era

At present, the academia generally defines infant sports as: education with the main task of developing infant physical strength and strengthening physique is the basic means of developing infant physical strength, promoting infant growth and development, and improving infant body's ability to adapt to the external environment. It is an important part of infant education. Based on the Opinions on the Current Development of Infant Education issued by the State Council, this study defines infant physical education as a purposeful, planned and organized "initial sports ability" enlightenment education for children, with 3-6 years old preschool children as the educational object, with the cultivation of initial sports ability as the main content, and the release of nature as the main goal.

2.1 Infant physical education is an education for children

From the perspective of research objects, infant physical education is a kind of infant education. Compared with primary and secondary school stage, children have their own uniqueness in physiological and psychological aspects. From the physiological point of view, in terms of cardiovascular system, children's blood pressure is lower than that of primary and secondary school students, while their heart rate is faster than that of central school students. Children's neural activities involved in sports activities are more excitable; in the aspect of respiratory system, compared with primary and secondary school students, children's thorax is smaller and their respiratory muscles are weaker [2]. In sports activities, they rely more on accelerating the respiratory rate to increase the pulmonary ventilation volume; In the nervous system, children's attention concentration, movement coordination and accuracy are not as good as those of primary and secondary school students; In terms of sports system, compared with primary and secondary school students, children's bones are more elastic and less rigid, less prone to fracture but more prone to deformity, and their muscle contraction strength is less than the former, and they are more prone to fatigue, but the elimination of muscle fatigue is faster than the former. From the psychological perspective, children's psychology is characterized by concrete images and non random thinking, while it is obviously inferior to primary and secondary school students in terms of abstract generalization and random thinking. As a kind of infant education, preschool physical education should be reasonably organized and arranged according to the physical and mental characteristics of young children, avoiding excessive standing, strength, endurance exercises and reducing suffocation as much as possible, and cultivating children's correct posture of standing, standing, running, jumping, etc., so as to lay a solid foundation for connecting the development of primary and secondary school physical education and forming a good habit of participating in physical exercise for primary and secondary students.

2.2 Infant physical education is a kind of education to cultivate preliminary sports ability

From the research content, infant physical education is a kind of education to cultivate children's initial sports ability. According to relevant regulations, children's initial mastery of motor ability includes a certain balance ability, coordinated and sensitive movements, a certain strength and durability, and flexible and coordinated hand movements. Therefore, on the basis of following the development rules and learning characteristics of children, it is particularly important to establish the content system of physical education for children with displacement skills, non displacement skills and operation skills from easy to difficult, step by step, based on basic movement skills. Infant physical education includes three aspects: first, the action content to inspire children's balance ability, mainly including standing on one foot, walking on the front foot, standing on one foot, walking between balance lines, walking on the balance beam, walking backward, etc; Second, the movement content of developing children's sensitivity and coordination ability, mainly including running around obstacles, turning back, repeating drilling circles, quadrant jumping, and crawling with hands and knees on the ground; The third is the action content of developing children's strength and endurance, mainly including throwing sandbags, standing long jump, going up and down steps, lying on the stomach and holding hands upright for a long time, hanging, etc. Obviously, through infant physical education, it is not only helpful to promote the development of children's gross skill sports and cultivate their initial sports ability, but also lays a good foundation for mastering basic and specialized sports movements at different ages, such as primary school, middle school and university.

3. Value promotion of infant physical education in the new era

3.1 Infant physical education is the foundation of consolidating sports construction in the new era

In the new era, China's sports put forward the "three-step" development strategy: by 2020, improve the physical quality and health level of the whole nation by establishing a new mechanism for sports development; By 2035, the new pattern of sports development will be basically realized, and more than 92% of urban and rural residents will strive to meet the National Constitution Measurement Standard; By 2050, we will build China into a modern socialist sports power in all respects, and the people's physical literacy and health level will be among the top in the world. In terms of strategic tasks, it is emphasized to improve the physical health of key groups, not only to implement the physical health intervention plan for different groups such as young people, the elderly, and the professional population, but also to integrate the physical health level of students into the assessment system of schools,

education departments, and administrative departments, so as to comprehensively improve the physical health level of young people. Physical fitness is not only an important indicator to measure people's physical quality and health level, but also an important element to realize the vision of sports power development [3]. The early childhood stage is the key and basic stage to form a good physique. The physique development in the early childhood stage will have a profound impact on the disease risk and physique level in adulthood. And infant physical education is one of the important ways to enhance children's physique, which will undoubtedly lay a good foundation for the physical and mental health of future sports power builders. The guide also emphasizes physical health, and believes that early childhood is an extremely important stage for children's physical and functional development. A well-developed body, good living habits, coordinated actions, and strong physique are important signs of children's physical and mental health, as well as the basis for learning and development in other fields. Compared with primary and secondary school students, there is a certain difference between children and the former in terms of physical indicators (weight, height, chest circumference, etc.), functional indicators (blood pressure, heart rate, lung function, etc.), physical indicators (coordination, balance, flexibility, etc.), and ability indicators (running, jumping, throwing, etc.). Taking infant physical education as a starting point will not only help to improve children's physique level, but also lay a solid foundation for the healthy development of primary and secondary school students' physique, and lay a solid foundation for the future builders of sports power.

3.2 Infant physical education is the guarantee for promoting sports construction in the new era

Infant physical education is one of the important ways to help children grow up healthily. The development of children's physical education can stimulate children's Chinese sports spirit, endow the builders of a sports power in the new era with the courage to overcome all difficulties and obstacles encountered in the process of building a sports power. Compared with primary and middle school students, children have certain differences in physical development, mental integrity and other aspects. When cultivating children's Chinese sports spirit, the teaching content, teaching methods and teaching objectives of children's physical education should not overemphasize the scientization of knowledge, the routinization of process and the regularization of behavior [4]. On the basis of adhering to the combination of value education and classroom teaching, we should attach importance to the cultivation of children's Chinese sports spirit of "winning honor for the country" and "selfless dedication", and establish a new trend for the construction of a sports power in the new era; On the basis of adhering to the combination of seeking truth and being practical and leading by examples, we should attach importance to the cultivation of the Chinese sports spirit of "seeking truth from science" and "abiding by discipline and law" for children, so as to establish a new style for the construction of a sports power in the new era; On the basis of adhering to the combination of overall promotion and process management, we should attach importance to the cultivation of the Chinese sports spirit of "solidarity and cooperation" and "indomitable struggle" for children, so as to establish a new style for the construction of a sports power in the new era.

3.3 Infant physical education is a powerful measure to strengthen the construction of sports power

School physical education is the main "cradle" of cultivating sports talents, and infant physical education is the initial stage of school physical education. Vigorously developing preschool physical education can effectively increase the sports population base, tap and cultivate more sports reserve talents, and provide sufficient human resources for accelerating the construction of a sports power in the new era. According to the current demand for sports talents, whether it is sports coaches, sports teachers, community sports instructors and other sports talent teams, or sports management, sports industry and other sports talent management, China's sports talents are lagging behind in terms of quantity and quality. Therefore, starting from the source of sports talent training, vigorously developing infant sports education will play a positive role in changing the current lagging state of sports talent development. The three dimensions of promoting infant physical education are to pay attention to demand orientation, connotation development and characteristic development. From the perspective of development orientation, infant physical education closely follows the national "five in one" overall layout, shifting from "support services" to "service and guidance", adhering to rational positioning and demand orientation, and pointing out the direction for accelerating the overall structure optimization of talents in building a sports power; From the perspective of development mode, infant physical education has shifted from extensive scale expansion to connotative quality transformation, and improved the training and transportation ability of sports talents, which can realize the implementation of the development strategy transfer of sports power from "striving for large quantity" to "striving for

strong quality"; From the perspective of development momentum, infant physical education has shifted from "relying on piecemeal patchwork" to "rationalizing relationships and releasing vitality", which can deepen system innovation and education and teaching reform, activate the vitality of sports talent training, and lay a foundation for the construction of a sports power to cultivate more sports talents.

4. Implementation path of infant physical education in the new era

4.1 Optimize the layout structure of infant physical education

The financial investment in infant physical education is an important standard to measure a country's emphasis on infant physical education. At present, infant education is still the weak point of the entire education system. To optimize the layout structure of infant education, we need to establish diversified funding sources and scientific site selection planning, and optimize the allocation of infant physical education resources. The Outline of the National Medium and Long term Education Reform and Development Plan (2010-2020) and other policy documents clearly propose to increase investment in education and strengthen fund management. In terms of diversified sources of funding, we must accelerate the establishment of a diversified funding input mechanism led by the government and participated by social forces. The central government needs to allocate special funds for early childhood education development to support local governments to expand inclusive resources in various forms, especially focusing on rural areas and poor areas in the central and western regions; Local governments at all levels should improve the funding mechanism for preschool education, standardize the use and management, strengthen performance evaluation, and improve the use efficiency. The central and local governments at all levels mainly invest in the construction of sports ground facilities in public kindergartens to ensure the realization of children's basic sports rights. At the same time, the government should actively guide social forces to set up inclusive kindergartens, and support the development of inclusive private kindergartens by purchasing services, comprehensive awards and subsidies, rent reduction and exemption, dispatching public teachers, teaching and research guidance, etc., and will provide the number of inclusive degrees and the quality of running kindergartens as an important basis for awards and support, promote the distinctive and differentiated development of physical education for young children, and achieve a balanced physical education for young children the broad and effective development vision will create a good development environment for the construction of a sports power in the new era. In terms of scientific site selection planning, we can do a good job in the layout planning of kindergartens at the county level, effectively incorporate the construction of inclusive kindergartens into the unified planning of urban and rural public management and public service facilities, include them in the regulatory detailed planning of the region and the cost of land bidding, auction and listing construction projects, select specific locations, define the scope of services, determine the construction scale, and ensure priority for construction. In urban areas where the resources of public kindergartens are insufficient, a number of public kindergartens will be built, renovated and expanded. Priority should be given to the development of rural preschool education [5]. At least one public central park should be set up in each township. Large villages should set up their own parks or sub parks, and small villages should jointly set up their own parks. Mobile kindergartens and seasonal classes can be set up in areas with scattered populations according to the actual situation, so as to gradually form a public service network for infant education at the county, township and village levels. Control the quality and level of infant physical education in rural and urban kindergartens from the overall structural layout, and truly play an important role in building a sports power.

4.2 Deepen the reform of infant physical education teaching

If we want to promote the high-quality development of infant sports, we must deepen the reform of infant sports education and teaching. First, promote the localization of physical education for children. According to the actual situation of kindergartens, new sports events abroad or traditional sports events at home are introduced and developed into infant physical education to enrich the teaching content of infant physical education. For example, in winter, qualified kindergartens can integrate such Norwegian and Swedish ice and snow sports as "infant skiing" and "infant hockey" into the localized teaching of infant physical education, and expand the content of infant physical education [6]. At the same time, according to the physical and mental characteristics of infant at different ages, we can also localize Chinese traditional sports such as shuttlecock, dragon and lion dance, martial arts into "baby shuttlecock", "baby lion dance", "baby martial arts" and other projects, so as to enrich the teaching

content of infant sports. Second, implement special teaching of physical education for infant. Follow the law of physical and mental development of infant, according to the requirements of the syllabus, and according to the conditions of the kindergarten facilities, carry out an integrated sports teaching design. For example, based on basic movement skills such as crawling, walking, throwing, running and jumping, we will conduct diversified creation of infant physical education teaching, create a special teaching system of infant physical education that integrates "sports+emotion", "sports+art", "sports+entertainment", "sports+intelligence", and fully stimulate infant initiative and creativity in the specialized sports teaching field, so as to inject vitality into the construction of a sports power in the new era.

5. Conclusion

Sports is an important way to improve people's health, and an important means to meet people's yearning for a better life and promote people's all-round development. This is the country's infinite expectation and expectation for the construction and development of sports in the new era. Constantly strengthening the connotation construction of infant physical education and promoting the high-quality development of infant physical education is just a positive response to the construction of a sports power in the new era, which conforms to the new tasks and new requirements of the new era for the development of infant sports. Based on this, we should pay attention to the foundation role of infant physical education in the construction of sports in the new era, and promote the development of infant physical education, so as to accelerate the realization of the development goal of China from a "major sports country" to a "world sports power".

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